

# Self-isolation guidance

## Confirmed case

(received a positive test result)

AFFECTED PERSON	SELF-ISOLATION GUIDANCE
<b>INDIVIDUAL</b> (the confirmed case)	Must self-isolate for <b>10 days from the onset of symptoms</b> and until the individual's high temperature has fallen within normal range.
<b>INDIVIDUAL'S HOUSEHOLD</b> (the people who live with the confirmed case)	<p>Must self-isolate for <b>14 days from the onset of the confirmed case's symptoms or from the positive test result</b> (if the individual is asymptomatic).</p> <p>If any member of the household develops symptoms at any point during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.</p>
<b>CONTACTS</b> (the people who have... <ul style="list-style-type: none"> <li>· been within 2 metres for more than 15 minutes; or</li> <li>· had face-to-face contact within 1 metre for any length of time; or</li> <li>· been within 1 metre for more than 1 minute</li> <li>· Shared a small vehicle</li> </ul> ...with the confirmed case anytime from 2 days (48 hours) before the onset of symptoms)	<p>Must self-isolate for <b>14 days from the last contact with the confirmed case</b>.</p> <p>If they develop symptoms during the 14 days, they must self-isolate for 10 days from the onset of their symptoms and get tested.</p>
<b>CONTACTS' HOUSEHOLDS</b> (the people who live with a person who has been identified as being in contact with a confirmed case)	Do not need to self-isolate <b>unless</b> the Contact develops symptoms.

Sources: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person-GOV.UK](#), [When to self-isolate and what to do-NHS.UK](#). Correct as of 14 September 2020.

**STAY SAFE**



# Self-isolation guidance

## Symptomatic individual

(displaying symptoms and awaiting the test result)

AFFECTED PERSON	SELF-ISOLATION GUIDANCE
<b>INDIVIDUAL</b> (the symptomatic individual)	Must self-isolate until the test result is received <ul style="list-style-type: none"> <li>· If <b>positive</b>, must self-isolate for <b>10 days from the onset of symptoms</b> and until the individual's high temperature has fallen within normal range</li> <li>· If <b>negative</b>, the individual may end their self-isolation</li> </ul>
<b>INDIVIDUAL'S HOUSEHOLD</b> (the people who live with the symptomatic individual)	Must self-isolate until the test result is received <ul style="list-style-type: none"> <li>· If <b>positive</b>, continue to self-isolate <b>for a total period of 14 days</b></li> <li>· If <b>negative</b>, the household may end their self-isolation</li> </ul> <p>If the symptomatic individual does not get tested, the individual's household must self-isolate for 14 days (this is because the individual could have COVID-19).</p>
<b>CONTACTS</b> (the people who have... <ul style="list-style-type: none"> <li>· been within 2 metres for more than 15 minutes; or</li> <li>· had face-to-face contact within 1 metre for any length of time; or</li> <li>· been within 1 metre for more than 1 minute</li> </ul> ...with the symptomatic individual anytime from 2 days (48 hours) before the onset of symptoms)	Do <b>not</b> need to self-isolate <b>unless</b> they develop symptoms or the symptomatic individual tests positive.
<b>CONTACTS' HOUSEHOLDS</b> (the people who live with a person who had been identified as being in contact with a symptomatic individual)	Do <b>not</b> need to self-isolate <b>unless</b> the Contact develops symptoms.

Sources: [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person-GOV.UK](#), [When to self-isolate and what to do-NHS.UK](#). Correct as of 14 September 2020.

**STAY SAFE**

